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The Sugar Conundrum

During the holiday season, there are plenty of sugary snacks available. Candy, cookies, pies, all kinds of treats. But can something as simple as jam on toast, let alone the holiday treats, be an issue for someone with pre-diabetes or type 2 diabetes? With close to half of all adults afflicted with one condition or the other, any kind of sugar stops them in their tracks. I see people reading labels carefully in the grocery store and often hear the words “No good. It has sugar!” In the prediabetes and diabetes groups I’ve worked with, “I can’t have that; it has too much sugar in it!” comes up over and over.



It’s a sugar conundrum. Most people enjoy sweets but when you have a problem with sugar metabolism, you’re not supposed to have them. White poison. No nutritional value. Empty calories. You’re doomed if you use it, but it tastes so good. What are you supposed to do? Feeling guilty all the time isn’t great, but feeling deprived is just as bad. What’s the solution?

One alternative is artificial sweeteners. The prevailing sentiment is to avoid them in spite of the lack of research proving they’re harmful. But due to the real issue—the aftertaste—and the inability to be used in baking and cooking with any kind of predictability, artificial sweeteners aren’t an ideal solution. On top of that, the white flour used in most baked goods will still be there.

I’ll provide some alternatives in Thursday’s message.

What are you prepared to do today?

Dr. Chet

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